

**GLOBAL LABELLING NOURISHED 2.0 SLEEP – V1 – 04/02/2025**

**Front of pack**

**UPSA Gummies 7in1**

**sleep**

Nourished multilayer patented technology

|                           |        |
|---------------------------|--------|
| MELATONIN                 | 1 mg   |
| ASHWAGANDHA EXTRACT       | 50 mg  |
| ZINC                      | 5 mg   |
| MONTMORENCY CHERRY POWDER | 50 mg  |
| VITAMIN B12               | 2 µg   |
| COENZYME Q10              | 21 mg  |
| VITAMIN D3                | 150 UI |

Helps to fall asleep faster & promotes a good sleep\*

Sugar free

Vegan

Recyclable packaging

Food supplement for adults - 30 gummies

**Back of pack**

**UPSA Gummies 7in1**

**sleep**

Discover the new generation of food supplements in **Gummies 7 in 1**. Coming from a patented technology, these tender gummies with a fruity taste, gather 7 layers enriched in active ingredients, vitamins, and minerals, that deliver layer after layer a complete answer to each of your needs, to take care of yourselves with pleasure!

Helps to fall asleep faster & promotes a good sleep\*

\* The **Gummies 7 in 1 Sleep** enriched in melatonin and ashwagandha, help to fall asleep faster<sup>(1)</sup> and promote a natural and good sleep, without addiction!

Melatonin<sup>(1)</sup>

- Natural Flavor
- Without artificial colourings
- Sugar free
- Vegan
- Gluten free
- Recycled packaging

**Ingredients (content for 1 gummy):** Sweeteners: Maltitol Syrup and Erythritol, natural flavors, Gelling agent: Pectin, Acidulant: Citric Acid, Acidity regulators : Potassium Citrate, Ashwagandha root extract 50 mg (*Withania somnifera*), Montmorency Cherry fruit Powder 50 mg (*Prunus cerasus*), Coenzyme Q10 21 mg, Vitamin D3 150 IU (3,75 µg) – 75% NRV\*\* (cholecalciferol), Zinc 5 mg – 50% NRV\*\* (Zinc Citrate), Vitamin B12 2 µg – 80% NRV\*\* (cyanocobalamin), Melatonin 1 mg, spirulina concentrate, concentrate from beetroot, concentrate from carrot.

\*\*NRV: Nutrient Reference Values

**Instructions of use:** 1 gummy daily. The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. For adults only. Do not exceed the recommended dose. To be consumed as part of a varied and balanced diet and a healthy lifestyle. Not recommended to people presenting inflammatory, immune, thyroidal, hepatic, or cardiac disorders, or hyperandrogenia; people undergoing a sedative treatment or a treatment with a depressive action on central nervous system; people suffering from epilepsy, asthma, or mood, behaviour or personality disorders, as well as pregnant and breastfeeding women and anyone carrying out any activity requiring sustained vigilance where drowsiness could pose a safety problem. Limit melatonin to occasional use. It is recommended to take advice from a health care professional before use. -Excessive consumption may cause a laxative effect. Keep out of sight and reach of children. Keep out of direct sunlight in a cool and dry place below 25°C.

Food supplements with sweeteners for adults only.

Net weight: 190 g

**Bottom of pack**

**Environmental labelling to add**

UPSA SAS

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